

Senior Access Resource Manual



Community Seniors Resource Councils and Multi-purpose Senior Centres in Manitoba

Multi-purpose Senior Centres offer accessible and affordable programs and services that

- support older adults as individuals or in groups
- maintain and improve health and quality of life
- support personal independence
- encourage involvement in community life

The Manitoba Association of Multi-purpose Senior Centres (MAMSC) represents 19 centres with over 10,000 members/clients and countless more users. For further information contact MAMSC at jweir@shaw.ca

Community Seniors Resource Councils (Support Services to Seniors) are in over 100 communities throughout Manitoba and

- are often the first point of contact for services for seniors and their families
- focus on support services and referral to help older adults remain independent
- develop services specific to local needs

Grid of services provided by Multi-purpose Senior Centres and Seniors Resource Councils

The following pages show the locations and range of services provided. The towns listed show where the offices are located. Most of the councils serve the surrounding areas, including smaller centres. The grid is divided into rural and urban Community Resource Councils and Multi-purpose Senior Centres throughout the province.

Some of the programs described in the manuals refer to this grid.

Introduction 03/07

Rural Community Resource Council Altona (Rhineland C.A.R.E) Ph: 324-1528	Information and Referral of Services in Area	♦ Advocacy	Ocongregate Meals	Meal Delivery	Neuse Keeping	♦ Yard Care	Minor Home Maintenance	Nandivan Transportation	• Transportation	♦ Errands/Shopping	Uccal Housing Listing	Nersonal Emergency Response Systems	Emergency Response Information Kits (E.R.I.K.)	Friendly Visiting	Oaily Telephone "Hello"	Temporary Lending of Mobility Medical Equipment	Health / Wellness Programs/Activities	Educational Presentations	Foot Care Services	• Hearing Services	Extended Education	Assistance Filling Out Forms	Income Tax Preparation	Hairstyling	Reading	Translation/ Interpretation	Support Groups
Email: ann_nikkel@hotmail.com																											
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Services) Ph: 535-2538																											
Beausejour (Brokenhead Outreach for Seniors Inc.) Ph: 268-7300 Email: seniors@granite.ca	9	9		Ø	9	9	9	>	9	Ø	Ø	9	9	9	S	Ø	9	9	9	S	S	S	S	S	9	9	9
Belmont (Seniors Independent Services) Phone: 537-2642			9		9	9	9	9	9	9		9	9	9	9		Ø		9			9			9		
Binscarth (SeniorServices of Banner County) Phone: 532-2134 Email: valiferguson@hotmail.com	9	S	9	9	9	9	9	S	9	9	9	9	9	9	S	9	9	Ø	S	S	S	S	S				9
Birtle (Valley Recreation) Phone: 842-3460 Email: wattsview@mts.net			9	9	9	9	9	9	9	9		9	9	9		9	9		9		S	9					
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Brandon (Seniors for Seniors Co-op Inc.) Phone: 571-2053			9		9	9	9		9	9		9	9	9	9	9	9		9	9	9	9	9	9	9		9
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Email: ssrocart@hotmail.com Dauphin (Dauphin Multipurpose Senior Centre Inc.) Phone: 638-6485 Email: dsc_progs@mts.net	9		9	9	9	9		Ø	9	9	9	9	9	9			9	9	S			S	>	S			9
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Services Inc.) Phone: 889-3132, ext. 3									•						•	•				•							
Email:hdlyseniorservices@mts.net																									Ц		
Holland (MILES for Seniors inc.) Phone: 526-2249 Email:miles@rmofvictoria.com		9	9	9	9	9	9	9	S	9	9			9	9	9		Ø	9	9		9		9	9		9
Kenton (Woodworth Senior Services) Phone: 838-2169	9	9			9	Ø	9		9	9		9	9	9			9	9	9	9	9	9	9		П		
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Minnedosa (Minnedosa & District Services to Seniors) Phone/Fax: 867-5190	9	S	9	⊘	9	9	⊘	9	9	9	9	9	9	S	S	9	⊘	S	⊗	S	S	(()	♦	Ŧ	_	<u> </u>
Email: seniors@mts.net																											
Morden (Morden Services for Seniors Inc.) Phone/Fax: 822-5663 Email: servicesforseniors@mts.net	9	9	9	9	Ø	9		9				9	S		S	S	S	S	()	(()	S	\bigcirc	\bigcirc	>	()	9
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Neepawa (Home Assistance in Neepawa and District) Phone: 476-2009	9	9	9	9	Ø	9	Ø	9	Ø	Ø		9	>	S			()		S	S	()	((()	S		Ø
Email: handsup@mts.ca Niverville(Niverville Senior Services) Phone: 388-9945 Email: liesafunk@hotmail.com	9	9	9	9	9	Ø	Ø		Ø	Ø	9	9	9	9	9	9	9	9	S			S				S	Ø
Notre Dame de Lourdes (Ensemble Chez Soi) Phone: 248-2687				9	9	9	9	9	9	9		9	9	9	9	9	9		9		S	S	S	S		9	9
Oakbank (Springfield Services to Seniors) Phone: 444-6128	9	9	S	9	9	9	9	9	Ø	9	9	>	()	S	S	((S	>	S	()	(()	()	()	(Ø
Email: kinplace@mts.net Oak Lake (Seniors Access to Independent Living Inc SAIL) Phone: 855-3150	9	9			9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	S	9	S	9	9
Pierson (Senior Services of Antler River) Phone:634-2332	9	9	9	9	9	9	9	9	9	9		9	9	9	9	9	S	9	9			9		S	9		
Pilot Mound (Louise Community Support for Services) Phone: 825-2443	9	9	9	9	9	9	9	9	9	9	9	9	(9	9	(()	9	9	9	9	S	S	S	9	9	9
Email: louisecs@mts.net Pine Falls (Winnipeg River Resource Council) Phone:367-9128 Email:wrss@mts.net	9	S	9		9	9	9	9	9	9	9	9	9	S	9	9	9	9	S			S	S	S	S	9	⊘

Rural Community Resource Council	Information and Referral of Services in Area	Advocacy	Congregate Meals	Meal Delivery	House Keeping	Yard Care	Minor Home Maintenance	Handivan Transportation	Transportation	Errands/Shopping	Local Housing Listing	Personal Emergency Response Systems	Emergency Response Information Kits (E.R.I.K.)	Friendly Visiting	Daily Telephone "Hello"	Temporary Lending of Mobility Medical Equipment	Health / Wellness Programs/Activities	Educational Presentations	Foot Care Services	Hearing Services	Extended Education	Assistance Filling Out Forms	Income Tax Preparation	Hairstyling	Reading	Translation/ Interpretation	Support Groups
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Email: psfs@mts.net																											
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Phone: 422-5624 ext. 236																			Ľ	Ľ	Ľ	Ĭ	_	_	Ĭ	긔	
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Starbuck (McDonald Services for					9	Ø			9	9		9		9	9	9		9								- [
Seniors) Phone: 735-3052																			1							- [
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Rural Community Resource Council Steinbach (Serving Seniors Inc.)	Information and Referral of Services in Area	Advocacy	Oongregate Meals	Meal Delivery	Mouse Keeping	Yard Care	Minor Home Maintenance	Handivan Transportation	Transportation	S Errands/Shopping	Local Housing Listing	Personal Emergency Response Systems	Emergency Response Information Kits (E.R.I.K.)	S Friendly Visiting	Daily Telephone "Hello"	Temporary Lending of Mobility Medical Equipment	Health / Wellness Programs/Activities	Educational Presentations	Foot Care Services	Hearing Services	Extended Education	Assistance Filling Out Forms	Income Tax Preparation	Hairstyling		Translation/ Interpretation	Support Groups
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Resource Council Inc) Phone: 467-2719	Ø			Ø	Ø	Ø	S	9	S		9	>	9		9	9		S		9	S	S	S	9			9
Strathclair (Strathclair Senior Services) Phone/Fax: 365-2012			9	Ø	9	9							9	9	9	9											
Swan Lake (Lorne Community Support Services) Phone: 836-2585	9	9	S	Ø	Ø	Ø	()	S	S	S	(9	S	Ø	S	9	9	S				()	(Ø	9
Swan River (Swan River and District Community Resource Council Inc) Phone: 734-5707	9	9	(9	Ø	9	()	9	S	S	(((Ø	S	>	9	()	S	9	()	(>	S		(9
Email: swandcrc@mts.net Teulon (Teulon and District Seniors Resource Council) Phone: 886-2570	9	9	Ø	Ø	Ø	Ø	S	9	9	9	S	9	9	Ø	9	9	9	9	S	S	9	S	S	S	⊘	•	9
Email: tdsrc@mts.net Thompson (Thompson Seniors resource Council)	9	9	9		9	9	()		9	9	9	Ø	9	9	9	9	9	9	9			S		9	⊘	•	9
Phone: 677-9676 Email:rotary@mts.net Traverse Bay (Helping East Lake					⊘	⊘	9		9	9		⊘	9	⊘	9	9	9			9		S	9	9	⊘		
People Centre (H.E.L.P Centre) Phone: 756-6471							•		•			•	•		•	•			•			•	•	•			
Virden (Seniors Access to Independent Living Inc.) Phone: 748-2323 Email: leojo44@hotmail.com	9	(9	()	Ø	9	()	()	6	()	6	9	(>	6	(()	9	S	(()	()	((⊘	9	>
Vita (Vita & District resource Council Inc.) Phone: 425-3701 Email: vdrc@mts.net	9	S	S	9	9	∅	()	S	S	S	(S	(9	S	(>	S	((((⊘	9	9
Waskada (Seniors Outreach Services of Bren-Win) Phone: 673-2534	9	9			9	9	9	9	9	9	9	9	9	9	9	9	9	9	9			S	9	9			

Wawanesa (Seniors Independent Services)	9	9		9	9	9	9	Ø	9	9		Ø	9	9	9	9		9		9		9	9	9		
Phone: 824-2670																										
Email: siswawanesa@mts.net																										l
Whitemouth (Two Rivers Resource																				9			O		O	
Council)																			•		•					
Phone: 348-4610																										l
Email: wmrivers@granite.mb.ca																										l
Winkler (Winkler and District Multi-							Ø					•				•										
purpose Senior Centre)		•	•		•	•	•		•	•	•	<u> </u>							•							l
Phone: 325-8964																										l
Email: wsc@valleycable.com																										l

Winnipeg Community	Information and Referral of Services in Area	Advocacy	Congregate Meals	Meal Delivery	House Keeping	Yard Care	Minor Home Maintenance	Handivan Transportation	Transportation	Errands/Shopping	Local Housing Listing	Personal Emergency Response Systems	Emergency Response Information Kits (E.R.I.K.)	Friendly Visiting	Daily Telephone "Hello"	Temporary Lending of Mobility Medical Equipment	Health / Wellness Programs/Activities	Educational Presentations	Foot Care Services	Hearing Services	Extended Education	Assistance Filling Out Forms	Income Tax Preparation	б	Reading	Translation/ Interpretation	Support Groups
Resource Council	Infc	Ad	Cor	Me	로	Yar	Min	Har	Tra	Err	S	Per Res	Em Infc	Frie	Dai	Ter Mol	He Pro	Edl	Ροс	He	EX	Ass	lnc	Hai	Re	Tra	Sup
Boni-Vital Council for Seniors Address: Unit 6- 845 Dakota St. Phone: 255-2061 Email: bvcsenrs@mts.net	9	9	9	9	9	9	9	()	9	9	9	9	>	9	()	9	S	9		9	9	9	9	9	(S	9
Broadway Seniors Resource Council Address: 319-691 Wolseley Ave. Phone: 772-3533 Email: bway@mts.net	9	9		9	9	9	9	()	9	9	9	9	9			9	9	S	S	9	S	9	9	9	S	()	9
Downtown Seniors Resource Council of Winnipeg Address: 425 Elgin Ave. Phone: 956-2566	9	9							9				9										9	9			
Fort Garry Seniors Resource Council Address: 800 Point Road (Lower Level) Phone: 792-1913		9	9	9	9	9	9	9	9	9	9	9	9	9	S	9	9	9	9	9	9	9	9	9	S	9	9
Keewatin/Inkster Neighbourhood Resource Council Inc. Address: 97 Keewatin St. Phone: 774-3085	9	9	9		9	9	9		9	9			9				9	9					9	9			
Middlechurch Community Services Address: 280 Balderstone Rd. Phone: 336-4126 Email: bev@middlechurchhome.mb.ca	9	9	9	9									>				9	9	S	9							
Point Douglas Seniors Coalition Address: 817 Main St. Phone: 792-8894	9	9			9	9	9		9	9	9		>				9	S					9				
River East Council for Seniors Address: 755 Henderson Hwy. Phone: 667-6812 Email:recs@mts.net	9	9	9						9		9		>		S			9					9				
Seven Oaks Seniors' Links Address: 1588 Main St. Phone: 612-3888 Email: sosl@mts.net	9	9	9	9	9	9	9	()	S	9	9	9	S	>	()	S	>	•	S	>	()	9	S	9	()	()	9

Winnipeg Community Resource Council	Information and Referral of Services in Area		Congregate Meals	Meal Delivery	House Keeping	Yard Care	Minor Home Maintenance	Handivan Transportation	Transportation	Errands/Shopping	Local Housing Listing	Personal Emergency Response Systems	Emergency Response Information Kits (E.R.I.K.)	Friendly Visiting	Daily Telephone "Hello"	Temporary Lending of Mobility Medical Equipment	Health / Wellness Programs/Activities	Educational Presentations	Foot Care Services	Hearing Services	Extended Education	Assistance Filling Out Forms	Income Tax Preparation	g	Reading	Translation/ Interpretation	Support Groups
South Winnipeg Seniors Resource Council Address: 123-1 Morley Ave. Phone: 478-6169 Email: swrc@mts.net	S	9	9	(9	()	9	()	9	()	()	8	()	()	()	()	>	()	()	%	()	()				9	9
St. James/ Assiniboia Senior Centre- Support Services Address: 2109 Portage Ave. Phone: 987-8858 Email: ghewitt@stjasc.mb.ca			S	9	9	9	⊘		S				S					9						()			
Transcona Council for Seniors Address: 845 Regent Ave W Phone: 222-9879 Email: tcscorrdinator@prairie.ca	9	9	9			9	9		S	•			()		•		S	9					>				

Rural Senior Centre	Information and Referral of Services in Area	Advocacy	Congregate Meals	Meal Delivery	House Keeping	Yard Care	Minor Home Maintenance	Handivan Transportation	Transportation	Errands/Shopping	Local Housing Listing	Personal Emergency Response Systems	Emergency Response Information Kits (E.R.I.K.)	Friendly Visiting	Daily Telephone "Hello"	Temporary Lending of Mobility Medical Equipment	Health / Wellness Programs/Activities	Educational Presentations	Foot Care Services	Hearing Services	Extended Education	Assistance Filling Out Forms	Income Tax Preparation	Hairstyling	Reading	Translation/ Interpretation	Support Groups
Brandon (Seniors for Seniors Co-op,																										•	
Inc.)		9				9	9		9		9			9	9		9	9									9
Phone: 571-2050																											
Email: sfors@westman.wave.ca																											
Brandon (Prairie Oasis Senior		9		Ø			()	()					()	()	()	(()		()								
Centre)																	•		—								-
Phone: 727-6641																											
Dauphin (Dauphin Multi-purpose																											ł
Senior Centre)																											ł
Phone: 638-6485																											
Email: dsc_admin@mts.net Gimli (Gimli New Horizons 55+		-																								_	/
•																											
Centre) Phone: 642-7909																	_										
Email: gsrc@mts.net																											ł
Morden (Morden Friendship and																											
Seniors Services and Activity Centre									$ \bigcirc $																		Ø
Inc)																											
Phone: 822-3555																											
Email:plplett@mts.net																											
Portage la Prairie (Herman Prior	_																_	_		_	_						_
Senior Services Centre Inc.)																				\bigcirc	\bigcirc		9				Ø
Phone: 857-6951																											
Email: hp55plus@mts.net																											
Selkirk (Gordon Howard Senior																											
Centre)								\bigcirc					\bigcirc			\bigcirc											
Phone: 785-2092		1				I																					
Steinbach (Steinbach 55 Plus-																											
Serving Seniors Inc)						9	9	S	9	9					Ø			9			\bigcirc	9					9
Phone: 320-4600		1				I																					
Email: ssinc@mts.net				L					L		L							L							_	_	_
Stonewall (South Interlake 55+ Inc)						9																				T	
Phone: 467-2582		9			9	9																					
Email: si55plus@mts.net																											
Winkler (Winkler & District Multi-																											
purpose Centre)	9	9	9		9	9	9		9	9	9	9	9	9	9	9											ŀ
Phone: 325-8964		¯			💆	💆	–		_		_		_		💆	_											-
Email: wsc@valleycable.com						l						I		1								1					ŀ

Winnipeg Senior Centre	Information and Referral of Services in Area	Advocacy	Congregate Meals	Meal Delivery	House Keeping	Yard Care	Minor Home Maintenance	Handivan Transportation	Transportation	Errands/Shopping	Local Housing Listing	Personal Emergency Response Systems	Emergency Response Information Kits (E.R.I.K.)	Friendly Visiting	Daily Telephone "Hello"	Temporary Lending of Mobility Medical Equipment	Health / Wellness Programs/Activities	Educational Presentations	Foot Care Services	Hearing Services	Extended Education	Assistance Filling Out Forms	Income Tax Preparation	Hairstyling	Reading	Translation/ Interpretation	Support Groups
Aboriginal Senior Resource				_		_	_				_									_				_			- 0,
Centre of Winnipeg Inc	Ø																										
Address: 4-100 Robinson St																											
Phone: 586-4595																											
Email: asrcwpg@mts.net		Ш												\vdash				<u> </u>							Ш		
Charleswood Senior Centre Inc																											
5006 Roblin Blvd. (897-5263) Email: cwsenior@mts.net																											Ø
450 Laxdal Rm 5 (832-6527)																											
Email: seniors@pembinatrails.ca																											
Good Neighbours																										\dashv	
Senior Centre																											
Address: 755 Henderson Hwy.																											
Phone: 669-1710																											
Email: gnsc@mts.net																											
Gwen Sector Creative																										\neg	-
Living Centre			$ \bigcirc $																								
Address: 1588 Main St.																											
Phone: 339-1701																											
Email:gwensector@shaw.ca																											
Main Street Senior Centre			_																								
Address: 817 Main St.			$ \bigcirc $																			$ \bigcirc $	$ \bigcirc $				$ \bigcirc $
Phone: 942-7486																											
Rady Jewish																											
Community Centre																											
- 55+ Programming																											
Address: 100-123 Doncaster St.																											
Phone: 477-7545	1	Ш																<u> </u>							Щ		
Smith Street																											
Senior Centre																						$ \checkmark $	\bigcirc				
Address: 185 Smith St.																											
Phone: 956-6441																											
Email: smith@ageopportunity.mb.ca St. Vital/St. Boniface		\vdash																	\vdash			_	_		\vdash	\dashv	
Senior Centre	Ø		9																								
Address: 254 Lakewood Blvd			_														_						9				—
Phone: 956-5734																											
Email: southd@ageopportunity.mb.ca																											
Email ooding agoopportunity.mb.ca	1	ш																	1		<u> </u>						

Winnipeg Senior Centre St. James/Assiniboia Senior Centre Inc. Address: 2109 Portage Ave.	Information and Referral of Services in Area	Advocacy	Congregate Meals	Meal Delivery	House Keeping	Yard Care	Minor Home Maintenance	Handivan Transportation	Transportation	Errands/Shopping	Local Housing Listing	Personal Emergency Response Systems	Emergency Response Information Kits (E.R.I.K.)	Friendly Visiting	Daily Telephone "Hello"	Temporary Lending of Mobility Medical Equipment	Health / Wellness Programs/Activities	Educational Presentations	Foot Care Services	Hearing Services	Extended Education	Assistance Filling Out Forms	Income Tax Preparation	Hairstyling	Reading	Translation/ Interpretation	Support Groups
Phone: 987-8850 Email: ghewitt@stjasc.mb.ca Stradbrook Senior Centre Address: 400 Stradbrook Ave. Phone: 956-6490	9		9														9					9	9				9
Email: info@ageopportunity.mb.ca West End Senior Centre Address: 644 Burnell St. Phone: 772-9581 Email: we@ageopportunity.mb.ca	9		9														9					9	9				9